

Department of Public Instruction

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<http://www.nd.gov/dpi>



Safe and Healthy Schools – January 2016 Update

Funding Opportunities

The **Safe & Healthy Schools** unit in the ND Department of Public Instruction (DPI) has posted a new “Funding Opportunity” document dated January 2016 which can be found at:

<https://www.nd.gov/dpi/SchoolStaff/SafeHealthy/WhatsHot/FundingOpportunities/>

Healthy Active Classroom Celebrations

Classroom parties and celebrations are an important way for children to feel connected to their school community. Students learn to make healthy choices in the lunch room and to be physically active before, during and after school and while out at recess, so it is also good to align those practices to the parties in their classroom. Some ways to encourage healthy foods and put extra movement and physical activity into your classroom parties and celebrations are:

- Go on a scavenger hunt outside, in the classroom or throughout the whole school
- Encourage healthy beverages: low fat milk, 100% juice and water
- Celebrate birthdays or holidays with open gym or an extra recess
- Go on a field trip to the skating rink, bowling alley, park or zoo
- Encourage fruit, vegetables, cheese cubes, yogurt, whole grains, and lean meats in place of candy, cookies, cakes, bars and doughnuts as well as high salt/sodium foods such as chips
- Move the desks around for space to use hula hoops and jump ropes because kids not only like to have fun with these, but they are also using their muscles to move the desks and learning to cooperate with each other by accomplishing that task
- Use fitness and yoga videos, tapes or DVDs
- Turn on some music and dance
- Go outside and sled, build a snowman or throw Frisbee
- Set up a tasting party for the students to make and taste new healthy foods

Indoor Recess

When January arrives in North Dakota the days are usually cold and snow filled. Although students are more than willing to bundle up to go out to play in the snow and brisk air for recess at school, sometimes it is just too bitterly cold for students to be out safely. Please see your school’s handbook or your administration for guidance on when students should stay inside during the cold. When students do need to stay inside, it is important that they have opportunities to be just as active inside as they do when they go outside.

For indoor recess games, videos, brain breaks, energizers, and more, see the following resources:

Recess in classrooms, hallways, cafeterias, gyms, and auditoriums:

<http://www.playworks.org/playbook/what-is-a-great-recess/playground-strategies/recess-rain-and-snow-and>

Active Indoor Recess curriculum for K-5:

<http://www.valleyair.org/Programs/ActiveIndoorRecess/AIRCurriculumclassactivitiesK-5.pdf>

Active Indoor Recess curriculum for 6-8:

<http://www.valleyair.org/Programs/ActiveIndoorRecess/AIRCurriculumclassactivities6-8grade.pdf>

Indoor Recess Dance Party Videos:

https://www.youtube.com/playlist?list=PLmEViSHZPBubdo8_7L3ioZERk83FpVP1v

Indoor Recess Exercise Videos:

<https://www.youtube.com/playlist?list=PLQRnoe8px4NtCydKGccR0DRpWdUHG2i93>

Active Indoor Recess:

<http://peacefulplaygrounds.com/10-rainy-and-snow-day-activities-for-indoor-recess/>

CPR/AED Training Reimbursement Available for Schools

Funding is available for schools to offer middle and high school students training in CPR, AED and First Aid. For more information and details, here is the guidance fact sheet from our website:

https://www.nd.gov/dpi/uploads/31/CPR_and_AED_Training2.pdf

The **reimbursement form** can be found listed on the following page:

<https://www.nd.gov/dpi/SchoolStaff/SafeHealthy/FactSheets/>

Distracted Driving Prevention Program

Student leaders are encouraged to Speak Up! against distracted driving. Collaborate with your peers and teachers to take the pledge to Speak Up! against distracted driving. You have the voice to empower your peers to make better decisions. The North Dakota Department of Transportation has put a campaign together for North Dakota High Schools to incorporate into a fun call to action for teens...and best of all its FREE! The Speak Up! education program provides materials for **FREE** to schools or community organizations. Pledge cards, posters or banners will be shipped to qualified organizations in North Dakota at **NO CHARGE**. For links that provide useful elements for talking to teens or for teens to share about the dangers of distracted driving and how to protect themselves and others, go to:

<http://www.ndcodefortheroad.org/distracted-driving-prevention-program/>

For additional information on distracted driving, winter driving, speeding, aggressive drivers, Alive at 25, and more for teen drivers and for their parents, please see the North Dakota Department of Transportation website: <http://www.dot.nd.gov/divisions/safety/teens-parents.htm>

January is National Mentoring Month

Get involved with a mentoring program and be a mentor in your community! For more information:

<http://www.nationalmentoringmonth.org/index.html>

Thank You for Reading our Newsletter

January is National "Thank You" Month. Thankfulness can be nurtured and taught. Set an example for students by displaying gratitude to others, which can not only attribute to you being healthier and happier but also to the students being that way. People who practice gratitude say they get sick less, have less aches and pains, sleep better, feel more alert, feel more joy, and feel less lonely and/or isolated. With that, "Thank you!" for reading our newsletter this month!

"How Can We Cultivate Gratitude in Schools?" video:

http://greatergood.berkeley.edu/gg_live/greater_good_gratitude_summit/speaker/giacomo_bono/how_can_we_cultivate_gratitude_in_schools/

If you have any questions on the above information please contact Kate Schirado at kmschirado@nd.gov or (701) 328-2098.